https://www.reddit.com/r/OldSchoolCool/comments/1611b5z/muhammad_ali_weighing_214lbs_and_63_in_1971_the/ Could he pass for bodybuilder?

Very good natural physique, but by modern bodybuilding standards he would not pass as a bodybuilder, especially on a physique or bodybuilding stage.[1][2]

How his look compares

- At 6'3 and about 214 lb in 1971, Ali has relatively low body fat (often estimated mid-teens) with clear shoulder, arm, and chest development, but not deep separation or extreme muscularity.[2][1]
- Modern competitive bodybuilders at that height are usually much heavier in lean mass, with far more muscle thickness in legs, back, and arms, plus extreme conditioning (striations, graininess, peeled glutes) that Ali does not display.[2]
- His proportions and leanness are closer to what today would be called an athletic or classic boxer build—more like a tall men's fitness model or very early-era classic bodybuilder—rather than a contemporary bodybuilding competitor.[3][2]

In what sense he "could"

- In everyday terms, a 6'3, ~214 lb, mid-teens body-fat athlete with visible muscle in all major groups absolutely "looks like he lifts," and many laypeople would casually call that a "bodybuilder body."[1][2]
- With more hypertrophy focus, added leg and back mass, and stage-level conditioning, Ali's frame could theoretically support a competitive bodybuilding look, but the physique in that specific photo is optimized for heavyweight boxing performance, not for bodybuilding judging criteria.[3][2]

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What about his physique compared and contrasted to CagLar Juan Singletary 's?

Muhammad Ali's 1971 physique at 6'3" and 214 lbs shows a lean, athletic boxer build with moderate muscle mass, while Caglar Juan Singletary, a 5'9" Kenpo blackbelt bodybuilder and trainer from Elmira, NY, has developed a denser, more hypertrophied "light heavyweight" frame through dedicated iron training.[11][12][13][14]

Key Stats Comparison

Aspect	Muhammad Ali (1971) [14][15]	Caglar Juan Singletary [11][12][13]
Height	6'3" (191 cm)	5'9" (175 cm)
Weight	~214 lbs (97 kg)	Light heavyweight (~165-185 lbs / 75-84 kg est.)
Background	Heavyweight boxer	Bodybuilder, personal trainer, martial artist
Muscle Style	Lean, functional, endurance-focused	Hypertrophied, strength-built from 126 lbs base

Physique Similarities

Both exhibit impressive leanness with visible abs, vascularity, and upper-body development suited to combat sports like boxing and Kenpo.[12][11]
They prioritize functional strength over extreme mass, allowing agility and power for martial arts/bodybuilding crossover.[16][13]

Physique Differences

Ali's taller frame spreads his mass for a slimmer, more proportional athletic look without the thick traps, delts, or leg density of bodybuilding.[14][15]
Singletary's shorter build packs on denser muscle via progressive iron work, giving a blockier, more "pumped" aesthetic closer to modern men's physique competitors, with claims of IFBB/local wins.[17][18][16]

This stage shot from an NPC bodybuilding event illustrates the hypertrophied, posed muscularity Singletary pursues as a competitor.[18]

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